**True Food Kitchen**

**Spring | Brunch & Lunch Menu**

**Starters**
- Spicy Tuna Spring Roll* wild albacore tuna, baru nut sauce, turmeric nuoc cham, rice noodle, carrot, asparagus, romaine, cilantro, Thai basil, mint (550 cal)...15 GF
- Charred Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal)...11.5 VGF
- Edamame Guacamole avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips (650 cal)...12.5 V
- Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)...11 VEG
- Edamame Dumplings dashi, white truffle oil, asian herbs (270 cal)...13 VEG
- Creamy Tomato Soup 10oz cup - organic tomato, fennel, coconut cream, scallion (240 cal)...8 VGF

**Brunch**
- Two Egg Breakfast* organic eggs, chicken sausage, sweet potato hash, organic whole wheat crostini (620 cal)...18
- Smashed Avocado Toast* organic sunny side up eggs, smoked gouda, sesame, grilled whole wheat (560 cal)...15 VEG
- Banana Pancakes quinoa, greek yogurt, maple syrup (550 cal)...12 VEG
- Garden Scramble* grilled asparagus, onion, poblano pepper, smoked gouda, parmesan, sweet potato (520 cal)...13 VEG add chicken sausage (110 cal)+3 GF
- Sunrise Bowl** organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, hemp seed, cilantro pumpkin seed pita (640 cal)...18 VEG
- Egg & Chicken Sausage Sandwich* manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)...14.5

**Salads & Bowls**
- Organic tofu (adds 230-250 cal) +5 | never-ever chicken (adds 190-210 cal) +6 | 100% grass-fed steak* (adds 240-260 cal) +9 |
- SEASAAIP certified shrimp* (adds 140-160 cal) +9 | sustainable salmon* (adds 260 cal) +12
- Good Earth Kale Cobb cashew poblano ranch, avocado, asparagus, snack pea, pickled jicama, coconut bacon, organic tomato, garbanzo bean, gorgonzola (440 cal)...17 VEG GF
- Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...14.5 VEG
- Organic Tuscan Kale Salad lemon, garlic, parmesan, breadcrumb (350 cal)...12 VEG
- Teriyaki Quinoa Bowl broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)...17 VEG GF
- Ancient Grains Bowl miso sesame glazed sweet potato, turmeric, charred onion, snap pea, grilled portobello, avocado, hemp seed (690 cal)...17 VEG
- Korean Noodle Bowl sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (550 cal)...15 V GF

**Pizzas**
- Substitute gluten-free crust (subtracts 80 cal) +2.5
- Spinach & Mushroom organic spinach, roasted mushroom, garlic purée, caramelized onion, house-made vegan almond ricotta, aleppo chili (970 cal)...18 VEG
- Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)...16.5 VEG
- Margherita crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...14.5 VEG

**Sandwiches & Burgers**
- Served with choice of kale salad or sweet potato hash (adds 120-200 cal) / substitute gluten-free pita or bun (subtracts 80/90 cal) +2.5
- Grilled Chicken Avocado Wrap cashew poblano ranch, avocado, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)...15 VEG
- Vegan Double Cheeseburger house-made with portobello, walnut, beet, kuzu, lettuce, pickled onion, organic tomato, vegan cheddar, roasted cashew gouda (970 cal)...17.5 VEG GF
- Grass-fed Burger* umami, mushroom, caramelized onion, organic arugula, parmesan, vegenaise, cashew gouda (860 cal)...18 VEG GF
- Turkey Burger smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, house-made pita (690 cal)...16 VEG GF

**Entrées**
- Poke Bowl* wild albacore tuna, brown rice, quinoa, avocado, pickled jicama, snap pea, pickled shiitake, lemongrass ponzu, sesame seed (530 cal)...23 GF
- Grilled Sustainable Salmon* farro, quinoa, zucchini, asparagus, organic tomato, snap pea, lemon oregano vinaigrette, cilantro pumpkin seed pita (670 cal)...28 GF
- Grilled Chicken Parmesan roasted spring vegetables, organic DiNapoli tomato sauce, mozzarella, herbs (850 cal)...19 VEG
- Spaghetti Squash Casserole crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)...15 VEG GF
- Shrimp Tacos* smashed avocado, cilantro chimichurri, pickled red onion (410 cal) with choice of kale salad or sweet potato hash (adds 120/200 cal)...21.5 GF
- Grass-fed Steak Tacos* smashed avocado, cilantro chimichurri, pickled red onion (560 cal) with choice of kale salad or sweet potato hash (adds 120/200 cal)...21.5 GF

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Seasonal Highlight | V Vegan | VEG Vegetarian | GF Gluten Friendly
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SALADS & BOWLS**
- **organic tofu** (adds 230-250 cal) +5
- **never-ever chicken** (adds 190-210 cal) +6
- **100% grass-fed steak** (adds 240-260 cal) +9
- **SEASAI certified shrimp** (adds 140-160 cal) +9
- **sustainable salmon** (adds 260 cal) +12
- **Good Earth Kale Cobb** (cabbage, pineapple, tomato, almond, Parmesan, crouton, lime, breadcrumbs (590 cal) +13
- **Chopped Salad** medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) +14.5
- **Organic Tuscan Kale Salad lemon, garlic, parmesan, breadcrumb (350 cal) +12
- **Teriyaki Quinoa Bowl** broccoli, raspberry, salt, green bean, snap pea, avocado, rice, toasted sesame (540 cal) +17
- **Ancient Grains Bowl** miso sesame glazed sweet potato, turmeric, charred onion, snap pea, grilled portobello, avocado, hemp seed (690 cal) +17
- **Korean Noodle Bowl** sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (550 cal) +15

**PIZZAS**
- **Spinach & Mushroom** organic spinach, roasted mushroom, garlic puree, caramelized onion, house-made vegan almond ricotta, aleppo chili (970 cal) +18
- **Chicken Sausage** crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal) +16.5
- **Margherita** crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) +14.5

**ENTRÉES**
- **burgers & tacos served with choice of kale salad or sweet potato hash (adds 120/200 cal)**
- **substitute gluten-free pita or bun (subtracts 80/90 cal) +2.5
- **100% Grass-fed Flank Steak** roasted organic yukon gold potato, creamed organic spinach, caramelized red onion, chimichurri (790 cal) +32
- **Poke Bowl** wild albacore tuna, brown rice, quinoa, avocado, pickled jicama, snap pea, pickled shiitake, lemongrass ponzu, sesame seed (530 cal) +23
- **Grilled Chicken Parmesan** roasted spring vegetables, organic DiNapoli tomato sauce, mozzarella, herbs (850 cal) +19
- **Grass-fed Burger** umami, mushroom, caramelized onion, organic arugula, parmesan, vegenaise, flaxseed bun (860 cal) +18
- **Vegan Double Cheesburger** house-made with portobello, walnut, beet, kuzu, lettuce, pickled onion, organic tomato, vegan cheddar, vegenaise, flaxseed bun (970 cal) +17.5
- **Spaghetti Squash Casserole** crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal) +15
- **Grilled Sustainable Salmon** farro, quinoa, zucchini, asparagus, organic tomato, snap pea, lemon oregano vinaigrette, cilantro pumpkin seed pesto (670 cal) +28
- **Shrimp Tacos** smashed avocado, cilantro chimichurri, pickled red onion (410 cal) +21.5
- **Grass-fed Steak Tacos** smashed avocado, cilantro chimichurri, pickled red onion (560 cal) +21.5

**CRAFT COCKTAILS**
- **Daily Frozen Margarita** organic tequila, orange fruit, lime (260 cal)
- **Daily Frozen Daiquiri** organic strawberry, lime, mint (200 cal)
- **Dragon Fruit Margarita** organic tequila, dragon fruit, ginger, lime (220 cal)
- **Citrus Skinny Margarita** organic tequila, cucumber, mint (170 cal)
- **Strawberry Smash** organic vodka, strawberry, mint, lemon (190 cal)
- **The Monkey** organic gin, elderflower, butterfly pea flower, tonic (170 cal)
- **Pool Party** organic rum, passion fruit, mango, coconut, lime (260 cal)
- **Apricots & Bourbon** bourbon, apricot, lemon (230 cal)

**REFRESHERS & TEA**
- **Organic Raspberry Lemonade** (110 cal)
- **Organic Dragon Fruit Limeade** (110 cal)
- **Sparkling Mango Tea** mango, black tea, lemon (80 cal)
- **Sparkling Prickly Pear Tisane** prickly pear, hibiscus, lime (70 cal)
- **Andy’s Elixir** sea buckthorn, honey, bubbly water (150 cal)
- **Adaptogenic Tulsi Tea** ginger, honey, hot basil, lemon (60 cal) +1
- **Kale Aid** kale, ginger, apple, celery, cucumber, lemon (100 cal) +4
- **Creamy Tomato Soup** 10oz cup - organic tomato, fennel, coconut cream, scallion (240 cal) +8

**STARTERS**
- **Spicy Tuna Spring Roll** wild albacore tuna, baru nut sauce, turmeric,镶嵌的香菜, rice noodle, carrot, asparagus, romaine, cilantro, thai basil, mint (550 cal) +15
- **Charred Cauliflower** harissa tahini, medjool date, dill, mint, pistachio (410 cal) +11.5
- **Edamame Guacamole** avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips (650 cal) +12.5
- **Herb Hummus** cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal) +11
- **Edamame Dumplings** dashi, white truffle oil, asian herbs (270 cal) +13
- **Kale Aid** kale, ginger, apple, celery, cucumber, lemon (100 cal) +4

**SPRING | DINNER MENU**

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TRUE FOOD KITCHEN
SPRING | DINNER MENU

The only thing we love more than wine is wine that's held to the same standards we hold our food to: clean & good for the Earth.
We only partner with wine producers who utilize organic, sustainable, or bio-dynamic practices.

WINE

### SPARKLING

<table>
<thead>
<tr>
<th>Wine Type</th>
<th>Origin</th>
<th>Bottle Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cava Mercat (Penedés, Spain)</td>
<td>S</td>
<td>6oz (150 cal)</td>
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</tr>
<tr>
<td>Sparkling Rosé Amelia (Bordeaux, France)</td>
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<td>9oz (220 cal)</td>
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### WHITE

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<tr>
<td>Pinot Grigio Tangent (Edna Valley, CA) Proprietary Label</td>
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<tr>
<td>Sauvignon Blanc Blalock + Moore (Marlborough, New Zealand) Proprietary Label</td>
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<td>9oz (220 cal)</td>
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<td>Sauvignon Blanc Haras de Pirque “Albaclara” (Leyda Valley, Chile)</td>
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<tr>
<td>Sauvignon Blanc Yealands “Single Vineyard” (Awatere Valley, New Zealand)</td>
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<tr>
<td>Chardonnay Origin (California) Proprietary Label</td>
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<tr>
<td>Chardonnay Imagery (Sonoma County, CA)</td>
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<td>Chardonnay Frog’s Leap (Napa Valley, CA)</td>
<td>B</td>
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<tr>
<td>Chardonnay Rombauer (Los Carneros, CA)</td>
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### ROSÉ

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<td>Rosé of Syrah &amp; Grenache Charles &amp; Charles (Columbia Valley, WA)</td>
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<tr>
<td>Rosé of Cinsault &amp; Grenache Miraval “Studio” (Méditérranée)</td>
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### RED

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<td>Pinot Noir Parducci (Mendocino, CA)</td>
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<tr>
<td>Pinot Noir Montinore (Willamette Valley, OR)</td>
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<tr>
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<td>Malbec Alamos (Mendoza, Argentina)</td>
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<td>Cannonau Alta Vita (Sardinia, Italy) Proprietary Label</td>
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<tr>
<td>Sangiovese Borgo Scopeto “Chianti Classico” (Chianti, Italy)</td>
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<tr>
<td>Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina)</td>
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<tr>
<td>Cabernet Sauvignon Long Meadow Ranch “Farmstead” (Napa Valley, CA)</td>
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<tr>
<td>Cabernet Sauvignon Hunt &amp; Harvest (Napa Valley, CA)</td>
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### BEER & SELTZER

New Belgium Brewing Fat Tire Amber Ale (160 cal)...6
Dogfish Head 60 Minute IPA (210 cal)...7
Stella Artois (140 cal)...6
Truly Hard Seltzer (100 cal)...6 GF
DESSERTS

Avocado Key Lime Pie
organic strawberry, cashew, coconut whipped cream (430 cal)...10 V

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib (500 cal)...8 VEG GF

Cookies & Ice Cream
chocolate chip cookies served with vanilla ice cream (590 cal)...8 V GF

TEA

Adaptogenic Tulsi Tea
ginger, honey, holy basil, lemon (60 cal)...6

Matcha Horchata
oat milk, cinnamon, matcha, vanilla (240 cal)...6.5

Jasmine Pearl Green Tea (5 cal)...6

Darjeeling (5 cal)...5

Classic Chai (5 cal)...5

Peppermint herbal (5 cal)...4

Chamomile herbal (5 cal)...5

ORGANIC FAIR TRADE COFFEE

Espresso (5 cal)...3

Americano (5 cal)...4

Cappuccino (80 cal)...4.5

Latte (80 cal)...4.5

Drip Coffee (0 cal)...3.5

Seasonal Highlight | V Vegan VEG Vegetarian GF Gluten Friendly

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Organic Raspberry Lemonade
(110 cal)...5

Organic Dragon Fruit Limeade
(110 cal)...5

Mozzarella & Organic Tomato Pizza
(740 cal)...8 VEG

Grass-fed Burger*
mozzarella, flaxseed bun, carrots & herb hummus (750 cal)...8.5

Chicken Teriyaki Bowl
broccoli, rainbow carrot, green bean, snap pea, brown rice & quinoa (320 cal)...8 GF

Seasonal Highlight | VEG Vegetarian | GF Gluten Friendly

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary. Additional nutrition information available upon request.

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